

What Pregnant Women Need to Know about H1N1 Flu

Pregnant women are more likely to get sick with flu than other people.
Pregnant women might also have more serious problems than with regular flu.



Protect yourself from flu germs.

- Wash your hands often.
- Keep your hands away from your nose and mouth.
- Stay away from people who are sick with flu.
- Get a flu shot, after talking with your health care provider.

The signs of H1N1 flu are fever and cough or sore throat. A fever is a temperature of over 100.5° F. Someone with flu may also have body aches, headache, chills, or feel weak. Some people have diarrhea or throw up.

If you get sick, stay home and rest.

- Call your doctor and ask if you need to be seen.
- Make sure you have something to drink all day.
- Have someone check in on you often while you are sick.

Get emergency medical care right away if:

- You have trouble breathing or shortness of breath
- You feel pain or pressure in your chest.
- You feel dizzy.
- You feel confused.
- You are throwing up a lot.
- You have a high fever that won't go down with Tylenol.
- You get better from the flu, but then feel sicker with fever and cough.
- You feel less movement of your baby.

Flu Hotline: 1-877-903-5464